

Below are links to information & resources to help you or your family get through the pandemic. The list includes links to resources in these areas:

- Financial Counseling
- Banking Information
- Housing Information
- For Parents of Kids 0-5 years old
- For Kids (K-12)
- Virtual Field Trips & Tours
- Stress Management Tools
- Other Free Resources

Financial Counseling

JBLM Financial Readiness

<https://jblm.armymwr.com/programs/FRP>

Army Emergency Relief - *The Army's non-profit emergency relief organization. For direct support on JBLM, call 253-967-9852. No face-to-face appointments at this time.*
<https://www.armyemergencyrelief.org/>

Military OneSource - *The essentials of financial counseling.*

<https://www.militaryonesource.mil/confidential-help/interactive-tools-services/financial-counseling/financial-counseling-the-essentials>

Small Business Disaster Relief - *Relief for those impacted by COVID-19.*

<https://disasterloan.sba.gov/ela/>

Washington State Employment Security Department - *Support in the form of unemployment benefits.*

<https://esd.wa.gov/newsroom/covid-19>

Paid Family Medical Leave Program - *Paid leave benefits for Washington workers who need to take time off due to a serious health condition, or care of a family member.*
<https://paidleave.wa.gov/>

Financial Resources for Washington Residents - *For questions related to business losses due to pandemic.*

www.insurance.wa.gov

Department of Financial Institutions - *Financial Resources for Washington Residents.*

<https://dfi.wa.gov/coronavirus-financial-resources>

Banking Information

FDIC - FAQ for bank customers impacted by COVID-19.

<https://www.fdic.gov/coronavirus/faq-customer.pdf>

What Should I do if I Can't Pay My Credit Card Bills? - *Information from the Consumer Financial Protection Bureau.*

<https://www.consumerfinance.gov/ask-cfpb/what-should-i-do-if-i-cant-pay-my-credit-card-bills-en-1697/>

Housing Information

Mortgage - *Information from the Consumer Financial Protection Bureau.*

<https://www.consumerfinance.gov/ask-cfpb/if-i-cant-pay-my-mortgage-loan-what-are-my-options-en-268/>

For Parents of Kids 0-5 years old

Access Mars - *The real surface of Mars. Recorded by NASA's Curiosity rover.*

<https://accessmars.withgoogle.com/>

Georgia Aquarium Live Webcam - *Live feed of the Georgia Aquarium*

<https://www.georgiaaquarium.org/webcam/piranha-cam/>

Smithsonian's National Zoo Elephant Encounter - *Live feed of the elephants at the National Zoo*

<https://nationalzoo.si.edu/webcams/elephants>

For Kids (K-12)

Khan Academy - *Created by experts, Khan Academy's library of trusted, standards-aligned practice and lessons covers math K-12 through early college, grammar, science, history, AP®, SAT®, and more. It's all free for learners and teachers.*

<https://www.khanacademy.org>

Khan Academy for Kids - *Inspire a lifetime of learning and discovery with these free, fun educational programs for children ages two to seven.*

<https://learn.khanacademy.org/khan-academy-kids/>

MWR Libraries - *This resource is through the Grandstaff library and offers several resources to include: Canopy (films and documentaries), Mango (language learning), Novelist (lexile measured books that match common core curriculum), Overdrive (download digital e-books and audio books). Eligible patrons can request a digital*

account online to access these resources.

<http://mwrlibrary.armybiznet.com/screens/resources.html>

Open Library - Free, online library where you can check out materials by subject - Open Library is an open, editable library catalog, building towards a web page for every book ever published.

<https://openlibrary.org/>

Quarantine – online science and crafts with Science Mom - Hosted by Science Mom and Math Dad, this two hour livestream is a wonderful way to put some fun learning into your quarantine.

<https://www.facebook.com/events/503962560285578/>

Ninja Nerd Lectures - Delivers scientific topics including anatomy and physiology, biology, biochemistry, and organic chemistry. Ninja Nerd Medicine delivers medical topics that includes the pathophysiology and treatment of disease. Their lectures are provided through the use of a whiteboard and drawing tablet that benefits all types of learners in a variety of medical and non-medical careers.

https://www.facebook.com/NinjaNerdScience/?__tn__=kCH-R0.g&eid=ARAukmHkRI125b4CMMRbY2olqfpFSjo4i8XCco97r5MpaUxeZZswEOqlbmFuJ1qCb7ccCp9pRkLPOZPq&hc_ref=ARRkwy0Svqw4UY85zBC96D7H0OXlfohrG359kLGBgR5UatWW4wk0Y9h4Gj1wbkq1wCI&fref=nf

Virtual Field Trips & Tours

Cincinnati Zoo - Take a virtual tour of the Cincinnati Zoo

<https://www.facebook.com/cincinnatizoo/photos/a.96076385478/10158043842200479/?type=3&theater>

Virtual Field Trips - More than 30 virtual “Field Trips” you can take online!

https://docs.google.com/document/d/1Svl9Tx9djKO6SjyvPDsoGlkgE3iExmi3qh2KRRku_w/mobilebasic

Stress Management Tools

COVID-19: Resources for Managing Stress – U.S. Department of Veterans Affairs -

Resources for Health Care Workers, Providers & Community Leaders, and the general public

<https://www.ptsd.va.gov/covid/index.asp>

Managing Anxiety & Stress - The Centers for Disease Control and Prevention -

The outbreak of coronavirus disease 2019 (COVID-19) may be stressful for people. Fear and anxiety about a disease can be overwhelming and cause strong emotions in

adults and children. Coping with stress will make you, the people you care about, and your community stronger.

<https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html>

Free Instagram Live Dance Class - *Keep those bodies moving while you're distancing yourself from others! Join Debbie Allen (@msdebbieallen) on Instagram Wednesday, March 18th at 1:00PM PST*

https://www.broadwayworld.com/article/Debbie-Allen-Will-Teach-Free-Dance-Class-Tomorrow-from-Instagram-20200317?fbclid=IwAR0JARLJx1IK1R5pP19mYYJlb65srRo6SiBR9qNc_e7ouvH9AhXjs4CHx_s

Social Distancing Motorcycle Ride - *Head out from the Puyallup Fred Meyer to Carbonado on a motorcycle ride with scenic views. Pack a lunch and enjoy the outdoors this weekend.*

<https://www.facebook.com/events/147043936574485/>

Social Distancing Bonfire - *Come stand six feet apart from one another and enjoy a nice bonfire.*

<https://www.facebook.com/events/493654011310014/>

Other Free Resources

Get a Pierce County Library Card - to access e-books and audiobooks

<https://www.piercecountylibrary.org/ecard.aspx?id=1502>

Workouts:

https://www.facebook.com/pg/anytimefitness/videos/?ref=page_internal